

# Emotional Trigger Worksheets

## Identifying Emotional Triggers

- 1. List situations, people, or environments that commonly trigger a strong emotional reaction.
- 2. Reflect on how your body responds when you are triggered (e.g., racing heart, sweating, tense muscles).
- 3. Identify the thoughts or beliefs that arise when you feel triggered.
- 4. Record your typical emotional response (e.g., anger, sadness, anxiety).
- 5. Consider healthier ways to respond when triggered (e.g., taking deep breaths, stepping away, positive self-talk).

## Managing Emotional Responses

- 1. Practice grounding techniques: Focus on your breathing or engage in a quick physical activity to redirect your attention.
- 2. Use positive affirmations: Replace negative thoughts with affirmations that encourage calmness and self-compassion.
- 3. Create a calming routine: Develop a short routine (like deep breathing or journaling) to use when you feel triggered.
- 4. Seek support: Reach out to a trusted friend, support group, or therapist when managing difficult emotions.
- 5. Reflect and learn: After the trigger passes, take time to journal what happened and how you managed it.